

Dear Parents and Carers,

We thought it would be a nice idea to share with you some of the lovely things that are going on in our school. This week, we are going to tell you about what our Year 5 and Year 6 children have been doing so far this term in Upper Key Stage 2.

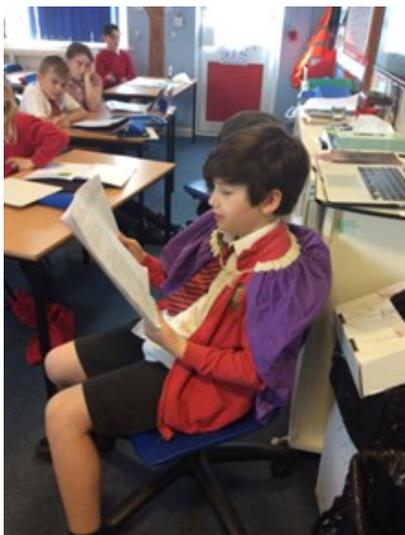
Upper Key Stage 2 consists of Kenidjack, Bosigran and Bodrifty Classes and Mrs O'Rourke, Mrs Clemens, Mrs Harman and Mr Hammond are the class teachers.



Mrs O'Rourke writes:

"As usual, we have had a busy start to the new term, getting stuck into new units across the curriculum and launching our new topic inspired by a painting of George and the Dragon. Who knew that there were so many dragon variations and how often they pop up in stories and film? In Music, we have started a brilliant unit inspired by movie scores with plenty of opportunities for performing and composition.

The Year Fives have loved doing The Highwayman in English and this week took the hot seat to read out their character diaries which were fantastic. The Year Sixes have been venting their spleen in letters of complaint and brushing up on their SPaG and Reading skills. The children are working hard in Maths too with practical measures, reasoning problems and tricky co-ordinates. First thing each morning, we enjoy half an hour with plenty of quizzes, games, exercise and wellbeing.



As always, we are really impressed with the children's fantastic attitude and engagement with their work and general loveliness."



We will be sharing news from other classes later in the term.



Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at head@alverton.cornwall.sch.uk or, if it is out of school hours, please contact the Multi Agency Referral Unit on 0300 1231 116;

E-mail: multiagencyreferralunit@cornwall.gov.uk

Hi again. Hopefully you’re all well and coping with the ups and down of life. My latest bugbear is wearing a mask. It’s so hard to have a conversation with you lovely folk when I can only see the very top of your faces peeping out above your masks. The plus side is I suspect we’ve all become very adept at reading expressions from eyes, crinkles around them, eyebrows and other non-visual cues. And of course it’s a minor and very irresponsible grumble in the whole covid-19 crisis that has become much more normal than any of us, certainly me, ever considered possible. I know there are many who face far worse challenges than wearing a mask to chat to a parent or teacher. And I feel for them deeply. I’m still here if the challenges you face are too much or you simply want to unload them and share them. You know the phrase, ‘a problem shared is a problem halved’ and it really is true. I’ve witnessed it several times this week, and benefitted from it myself. I’ve shared a worry with a colleague who has smiled and told me it’s okay, they too feel the same. It’s like magic. Suddenly I feel better, less alone with my problems. If you can do the same for someone else, or if I can do the same for you, let’s do this. Let’s support each other. We need each other now more than ever. Don't worry all by yourself. Come and say hi. Mrs D
xxxx

School is closed this **Monday 3rd May** as it is the early May Bank Holiday. See you on **Tuesday 4th.**



Coronavirus symptoms

The main symptoms are:

A high temperature (hot to the touch on chest or back)

OR

A new, continuous cough (coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours)

OR

A loss or change to your sense of smell or taste (you’ve noticed you cannot smell or taste anything or things smell or taste different to normal)

If you or your child have any **ONE** or more of these you must get a COVID-19 test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result. **Please ring or email the school office as soon as possible to let us know.**

You can book a test online at:

<https://www.gov.uk/get-coronavirus-test> or phone the NHS test line 119.

PE kit

We are finding that a lot of children do not have their PE kit in school on days other than their PPA days. Please can you ensure that your child comes to school on their PPA day only wearing their PE kit but has it in school every day for the rest of the week.

Coats

While it is still cold please can you make sure your child has a coat in school every day.



Cornwall Partnership NHS Foundation Trust

The Trust has its own Out of Hours telephone support provided by Support Matters Cornwall. This service operates from 5pm to 9am on weekdays and 24 hours a day at weekends and bank holidays. The service is open to all patients (aged 16+) under the care of the Trust's mental health services. Support can be delivered over the telephone, via text, email or web chat. Call free on **0800 001 4330**.



Family
Line

0808 802 6666



0800 1111



0300 123 3393

www.mind.org.uk

for better mental health

NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

Download this image onto your phone for **when you might need help**

Samaritans: 24h
Emotional support to anyone in distress, struggling to cope, or at risk of suicide.

116 123

Shout: 24h
Text service, free on all major networks, for anyone in crisis anytime, anywhere.

- If you're over 18, text the word SHOUT
- Under 18s, text YM

Text: 85258

Cornwall's 24/7 NHS mental health support 24h

Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help

0800 038 5300

Valued Lives:

Supports people who are experiencing mental or emotional distress in Cornwall. Every day, 5.30pm - midnight.

01209 901438

If you, or someone else, is in immediate danger call 999

www.cornwall.gov.uk/mentalhealth

Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance provides food for anyone in need. If their support would be helpful to you, just phone Veryan or Adele in the office in confidence on 01736 364087 and they can phone the Foodbank for you who will be able to help. The Foodbank are extremely busy at the moment and are very grateful for any donations.

ON YOUR SIDE NO MATTER WHAT

0800 58 58 58 | THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN AGAINST LIVING MISERABLY CALM

citizens
advice

0344 411 1444

"It's alright to ask for help"

SAMARITANS

116 123

COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.

Who can help me?
We can

YOU ARE NOT ALONE

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

WCWAid
West Cornwall Women's Aid
01736 367539
<https://www.wcwid.co.uk/helpline>

AT HOME SHOULDN'T MEAN AT RISK

#YOUARENOTALONE FIND SUPPORT AT: gov.uk/domestic-abuse

SafeToNet is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy.

Online Safety

The BBC have a website and app called **Own It**. The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

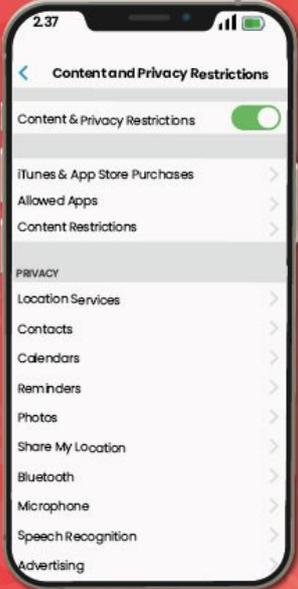
Whilst there are huge benefits to being online in order to stay connected to family and friends, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice. This information is updated as needed (it's recently added new information on apps) so it's worth another look.
<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT iPhone



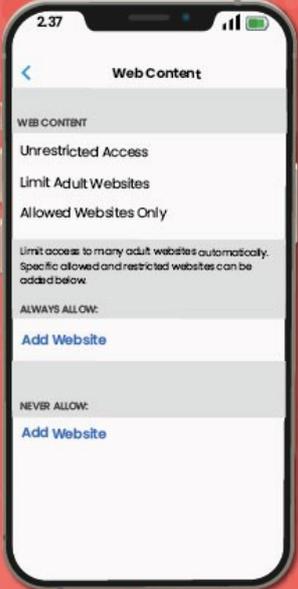
The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content ratings, Siri and web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.



18+ **Set up content rating restrictions**

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Enable Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Choose the Settings for each feature you wish to restrict



Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to allowed sites.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 4 Tap Web Content
- 5 Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
- 7 Choose which websites you wish to allow/block



Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Scroll Down to Siri
- 6 Choose to block either or both Web Search Content and Explicit Language

www.nationalonlinesafety.com [@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.04.2021

Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible.

Cornwall Council are continuing to process new applications for Free School Meals. Please ensure that you read the eligibility criteria before applying and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, you can call the Free School Meals team on 01872 323298 and a member of the team will call you back to complete the application over the phone. Please make sure that your phone will accept calls from a private / withheld number.

NB All Reception, Year 1 and Year 2 pupils are entitled to receive a free school meal as part of the Universal Infant Free School Meals (UIFSM) initiative, regardless of what benefits are being claimed.

However, some children in Reception, Year 1 and Year 2 may also have an underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (or the child themselves in their own right), receives any of the following benefits:

- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Guarantee Element of Pension Credit (GPC)
- Immigration and Asylum Act 1999 (IAA) Support
- Universal Credit - Your household income must be less than £7,400 a year (after tax and not including any benefits you get) as assessed by earnings from up to three of your most recent assessment periods

If you are claiming the benefits listed below you are NOT eligible for free school meals, regardless of what other benefits/credits are being claimed:

- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

However, you will be temporarily eligible to claim free school meals if you receive a Working Tax Credit run-on, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.

STARS OF THE WEEK

Choughs	Ted	for some super work in the Big Write
	Millie J	for always being a kind, caring & gentle friend to so many
Robins	Ayla	for being kind, gentle, caring, a great listener & generally being a perfect member of class
	Betsy	for making a superb effort to be very brave
Puffins	Jack g	for his fantastic effort in everything he does. He is a superstar
	Violet	for her effort in her handwriting this week
Owls	Austin	for being a magical, marvellous mathematician
Kingfishers	Grace	for working so hard at improving her writing and Maths this week
Trencrom	Elowen	for working hard on time in Maths & having a positive attitude towards her learning
Lanyon	Mia	for making huge progress in Maths. You are working so hard
Kerris	Kaelan	for just having a brilliant focused week
	Daniel	for super understanding of co-ordinates
Bodrifty	Harry	for a fantastic diary entry for our Highwayman unit
Bosigran	Finn	for settling back into school so brilliantly
Kenidjack	Chelsey	for making huge strides in punctuating her writing
	Josh	for brilliant Maths every day of every week
Dinnertime	Oliver K	for being so helpful at lunchtimes
Mr Higgs Star of the Week	Owls class	for working together in clearing & planting the wildlife garden



Lost library books

A big thank you from Mrs Petty to everyone who has been in touch about their child's lost library books whether it was with payment, buying a replacement copy or returning the books. If you haven't yet responded to her letter please get in touch either by writing on the slip at home and returning it or emailing her via the office.

Over 100 books were missing at the start of this term and we really want to get our library fully stocked and ready for re-opening in September. We really need your support in encouraging your child to look after the book that they have been loaned and returning it promptly. Thank you.

As many of you know, Ned suffers with Juvenile Arthritis. As part of his journey, he has written an amazing book about his experiences, called Peg-Leg, which is just about to be published and included in support packs for children with new diagnosis in the UK. It has also been illustrated by the amazing Giselle Poppy Rock-it Thompson! Both she and Ned have handed over the rights to the charity to use the book, for which they are very grateful.

The support boxes are called A Little Box of Hope and include resources, including his book. The charity, Juvenile Arthritis Research, is looking to fundraise £1000 initially to create 100 boxes and if you are able, I would ask you donate - the link for this is www.give.net/teen. Please help us get to this target! In the near future, I also hope that those who want to will be able to purchase his book as a keepsake, which will also donate to the charity.

Thank you all for your ongoing support with Ned! We're very proud of what he has achieved and hope it can help others :-)

Pheona - Ned's Mum